

ST. CLAIR STREET SENIOR CENTER

325 St. Clair Street, Murfreesboro, TN 37130 • 615-848-2550



AFTERNOON DANCE
MONDAY, OCTOBER 4
 1:00-3:30 P.M.
 MUSIC BY
SNAPPY PAPPY
 LIGHT REFRESHMENTS SERVED.
 LIMIT 120. SIGN UP NOW!

HOLIDAY PLACEMAT TIME AGAIN!

Calling all Placemat Crafters—it's time to begin! If you don't know what we're talking about, we make unique and beautiful Christmas placemats from used Christmas cards. This year we need to create 140 placemats for the Tennessee Veteran's Home. The dates we will meet are: October 8, 15 & 22 and November 5, 12 & 19. The dates are all Fridays and the time will be from 9:00-11:30 a.m. We will meet in the Ceramics room. There is no sign up required. Just come out and join us. It's a lot of FUN!

GARDENER'S POTLUCK LUNCHEON

The St. Clair Community Garden Workers are going to have a potluck on Monday, October 11 from 11:00 a.m.-1:00 p.m. This small group has accomplished plenty during this growing season and now it's time to celebrate! All those that contributed their time and effort in the garden are invited to come and bring your favorite potluck food dish. Enjoy the great food and fellowship with your fellow workers.

NEW PROGRAM AT THE CENTER GRIEF & LOSS SUPPORT GROUP

Grief is a natural reaction to any important change or loss. This new group will address those feelings whether they are due to the death of a loved one or the loss that is experienced with unexpected life changes such as illness, disability, divorce, etc. If you feel you could benefit from a group that will support and assist you as you work through difficult times, please join us for our first group on Monday, October 11 at 1:30 p.m. These meetings will be held every second Monday of the month from 1:30-3:00 p.m. Michelle Fowler, LCSW will facilitate the group. If you have any

questions, please contact Dee Brown at 615-848-2550, ext. 103.

TIME TO GET YOUR FLU SHOT

The Center in conjunction with the Rutherford County Department of Health, will be offering flu shots this year. The shots will be given on Tuesday, October 19 from 8:00-11:00 a.m. You MUST sign up for a time to receive your shot. This helps with crowd control and ensures that the health department brings enough serum for everyone. BE SURE to bring your Medicare card. Medicare pays for the shot, so there will be no charge if you bring your card. If you do not have a Medicare card, the cost of the shot may be up to \$30. The Health Department does not accept HealthSpring or cards from other providers. If you have one of these providers, go to a clinic listed by your provider. Only one flu shot is required this year. The serum covers the H1N1 flu virus as well as the other viruses anticipated to rear their ugly heads this season!

MEDICARE FAIR: OCTOBER 21 11:30 A.M.-2:00 P.M.

This is our third year to host a Medicare Fair and we are looking forward to this one being as informative and successful as the previous ones. Mark Singer, Medicare Specialist with the Tennessee State Health Insurance Program, will be our guest speaker and will be able to answer your questions regarding Medicare. Also, as in the past, we are inviting insurance companies that offer Part D Drug Plans, Advantage Plans and Supplemental Plans. Due to strict government regulations some of these companies cannot give out specific information, make appointments, hand out business cards or take contact information from you. If you are interested in learning more about a specific company or plan, you can ask for a business card so you can contact the agent for an appointment. We encourage you to take advantage of this great opportunity to get your questions answered and find the resources to help you make your Medi-

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care decisions. There will be the opportunity for you to make appointments for individual counseling to assist in choosing the best plan for you. The dates for the counseling sessions are November 19 and December 3. Even if you do not attend the fair, you may still make an appointment for a counseling session, however, NO appointments will be made until the day of the fair. Since this is usually a very large event, reservations required and can be made beginning October 1. This is a brown bag lunch event (bring your own). We will provide drinks and desserts.

HALLOWEEN DANCE

October 22 at 7:00 p.m.

SEE NEXT PAGE FOR MORE INFORMATION!

"OUT OF THIS WORLD" HALLOWEEN PARTY

October 29 at 9:00 a.m.

SEE NEXT PAGE FOR MORE INFORMATION!

FROM THE DIRECTOR'S DESK

Autumn is a beautiful time of the year and I think we enjoy the autumn colors most in Tennessee. The leaves are changing, the air is crisper, warm friendships are kindled, and even romance is in the air. Even the thought of autumn brings wonderful memories. I love to listen to participants of the Senior Center when they talk about special times in their lives—marriage, family, pets, parents, trophies, trips and others. We learn so much from each other. Each day is a new day to learn something new. I was taught that if you learn something new each day, that day is not lost. I don't want to lose any days and I enjoy learning. We offer many learning opportunities at the Senior Center—educational classes, art classes, dance classes, card classes and these are just a few examples. Learn something new and join a class that will stretch your mind and talents. *"Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns."* ~GEORGE ELLIOTT

~ Linda



ST. CLAIR CLASSICS HALLOWEEN DANCE

October 22 with music by BILL SLEETER TRIO

Doors Open at 6:30 pm, dance at 7 pm • \$5.00 at the door

"OUT OF THIS WORLD" HALLOWEEN PARTY

October 29 at 9:00 • CO-SPONSORED BY MPRD! Dress like an **ALIEN** or come as yourself. Refreshments, Spaceship Walk and Ghostly Bingo! Limit 125.



WE'VE GOT SOME GREAT THINGS COMING IN NOVEMBER!

WELLNESS SEMINARS OFFERED AT THE CENTER: In conjunction with Murfreesboro Parks and Recreation Wellness & Fitness Department and MTSU Intern, Tori McDaniel, the Center will be offering a series of WELLNESS SEMINARS to help seniors improve their physical fitness levels. The first up will be on NOVEMBER 2 AT 1:30 PM with a seminar on BALANCE and how to improve yours. Coming up on NOVEMBER 9 the focus will be on FLEXIBILITY and its function in having a healthy, active life. The seminars conclude on NOVEMBER 16 with a lesson on how to PREVENT FALLING. All the lessons you learned in the previous seminars will tie in to this one. Limit of 30 participants in each seminar. Sign up now to reserve your spot. **AARP SAFE DRIVING CLASS** planned for November: The Center will be hosting a Driver Safety Program on November 3 and 4 from 8:30 a.m.-12:30 p.m. each day. Let AARP bring you up to speed on the changing rules and conditions of the highway. After the class you will receive a certificate of completion. Contact your insurance company to see if you can qualify for a discount for taking the class. The cost for the eight-hour class is \$12 for members of the AARP and \$14 for non-members (checks made out to AARP) payable the first day of the class. Bring your AARP membership card. Sign up begins on October 1. **SALUTE TO VETERAN'S BRUNCH** planned for November 9 at 9:00 a.m. Make your reservation and join us as we salute those who have stood up for us, our country and home! Special guests include Oakland High School Choir and ROTC, John McDonalds, U. S. Coast Guard, the St. Clair Singers and more! Admission is a breakfast food item to share with 10 (bring in at 8:45 a.m.). Deadline to sign up is November 1. Limit is 100. Volunteers are needed to help serve. **QUIGONG SEMINAR: WHAT IS QUIGONG YOU ASK?** It is an ancient meditative practice which uses slow, graceful movements and controlled breathing techniques to promote circulation and enhance your overall health. This seminar is planned for November 17 at 1:30 p.m. and is taught by Allison Davidson, Wellness Coordinator with MPRD. Join us as we learn to breathe better and help our wellness and vitality. MPRD brings us an **EVENING POTLUCK AND BINGO PARTY** on November 18 at 5:30 p.m. Join Marlane and the gang for a fun night of food and bingo. Admission is a food item to share and a bingo prize costing less than \$5. Limit 100. Deadline to sign up is November 12. **THANKSGIVING POTLUCK** NOVEMBER 22 AT 11:30 AM Turkey will be provided. Bring a salad, vegetable or dessert and let's count our blessings together. Deadline to sign up is November 15. Limit 130.

Please Do This One Thing! Please take time to read the trip and event descriptions located on the back of the trip or event sign up sheets. Some trip locations have rules we need to follow such as mobility limitations, clothing restrictions and use of cell phones and cameras. Don't miss the instructions and you'll be sure to have a great time on your trip.

HALL OF TREES

This year the St. Clair Street Senior Center will participate in the "Hall of Trees" at Community Care of Rutherford County. We will decorate a Christmas Tree to be displayed, voted on and then auctioned with the proceeds going to the "Toys for Tots" campaign. Please meet with me on October 4 at 10:00 a.m. if you are interested in assisting with this project. This is a very worthwhile project & working on the with everyone will be LOTS of FUN! Please see Dee Brown for more information.



**Have Medicare?
Still Need Help
Paying for
PRESCRIPTIONS?**

Medicare + EXTRA HELP = Almost Free Prescriptions

Call the State Health Insurance Assistance Program (SHIP) at



1-877-801-0044

to find out how to enroll in "Extra Help"



LIVING WELL WITH THE NURSE ON DUTY: TENNESSEANS UNHEALTHY?

I was reading an article in the Tennessean that was not very flattering for the residents of our state. Basically, the article said that Tennessee was one of the worst states in the nation for the highest number of prescriptions at an average of 16.9 per person. The article mentioned that Tennessee ranks almost at the bottom in every health condition. In other words, we're unhealthy. Now this will come as no surprise to people who read the newspaper. Our smoking rates are one of the nation's highest and our citizens rank as some of the fattest in the nation. Low income, lack of education and access to health information and care, as well as, physicians who write too many prescriptions are given as factors that contribute to this problem. But let's face it, many times it is our personal decisions that contribute to many of our health problems. We know that we need to lose weight, but that slice of pecan pie sure looks good. We know that walking will help with our high blood sugar levels, but we really want to watch this TV program instead, then it gets dark, so we decide it's too late to walk. It is difficult to change habits of many years, but giving up that dessert or walking instead of watching TV can give us many years of feeling better and hopefully a better quality of life. So next time you go to have that piece of pie or reach to turn on the TV, stop and think. **Remember to live well each day!**

Carol Burnett, Nurse on Duty

LIGHTEN UP! WHERE HAVE YOU GONE?

Due to lack of interest, the Lighten UP! group has been cancelled. For those members who wish to have some help and support in their quest for a healthy weight, you can set up a time to meet with the nurse for one-on-one counseling. And always remember anyone can come into the clinic for a weigh-in. We'll always be here for help and support as well as information on your quest.

Brenda's Wish List She is working on ANOTHER "secret" project and needs your help. She needs 150 stemmed glasses, like wine glasses. They must be glass, not plastic. Any color works, but clear will be best. The glass or goblet must have a slim stem at the bottom. If you have some to donate, please bring washed glasses to Brenda's office. You never know what she'll be up to, but it's sure to be FUN!



Senior Olympian Gale Keown Wins Medals Gale Keown has been in the Senior Olympics since he qualified as a senior. He is quite a champion and an inspiration to all of us.

This year the State Senior Olympics were held in Franklin where Mr. Keown competed in the 80-84 year old division. He won a bronze medal in the 100, 200 & 400 meter race and a silver medal in the long jump. All at the age of 84! An inspiration to us all for sure! Congratulations to Gale Keown and thank you for representing the seniors in Murfreesboro and at the St. Clair Street Senior Center.

Thank You Electronic Express for donating two 50-inch televisions. They have already been put to great use. The Wii Bowling League has found that more time can now be spent bowling rather than sitting around waiting for a turn. Many other Wii games are available to play on the system so if you are interested please ask. The TV's will be used for staff and senior training, educational programs and using the screens to show pictures will make all presentations more entertaining. So BIG THANKS to Sam Yazdian, owner and president of Electronic Express for the donation.

UNITED WAY is a great partner with St. Clair Street Senior Center by providing funding through donations. The funds are specified for the Nurse on Duty program which provides such services as: foot care, health education & consultations, blood pressure clinics, blood sugar checks and much more! Thank you to the United Way for providing the funds to allow such a great program. We are so fortunate to have the United Way as our partner.

Thank you Mid-South Chapter of the Alzheimer's Association who raises funds each year to promote Alzheimer's Disease awareness in the community and helps to battle this disease. Through a partnership with the Alzheimer's Association the Center is able to offer programs such as the Labor of Love Support Group, the Lunch and Learn Educational Series and other conferences and programs. Many families at the Center are affected by Alzheimer's Disease and we hope that we provide some of the support needed to cope with the struggles in caring for a loved one with Alzheimer's disease. Thanks to our local chapter of the Alzheimer's Association we are able to provide these programs.

Caregiving ... Tips & Ideas • Elberta Dyer, Caregiver Coordinator

Long Distance Caregiving. . . The Journey My mother turned 92 in August of this year and for the most part, she has been in excellent health. Over the years she has been adamant about staying in her home, and up until the first of March she was driving and keeping her house. She was showing signs that something wasn't right, but she would hide her symptoms from us (her six children) and pretend that everything was alright. It wasn't until she had a light stroke and things became obvious that we were clued in. Things have now changed. . . My brother and sister-in-law live with her and are her primary caregivers. But, as the eldest daughter, I can't help but feel that my "duty" is to be with her and to share some of the responsibility for her care. At times I play the "guilt" and "what if" game with myself. For that reason, I have had to come to an acceptance of what I can and cannot do regarding her care. I've had to recognize that to stay in constant communication with my brother and sister-in-law and to give positive affirmation for the care they are providing is vitally important as a "long distance caregiver." Having an open communication with family members or friends is essential when there is a long distant caregiving relationship. I have been able to provide resources and information that have been invaluable, but mostly my most important role is to call and to say, "thank you for all you are doing!"

ALZHEIMER'S ASSOCIATION ADVISORY COUNCIL WORKSHOP ANNOUNCED ***"How to Deal with Changes of Alzheimer's Disease—A Caregivers View"***

Part I of the series of this workshop dealing with Alzheimer's Disease and geared toward caregivers will be held on November 4 from 5:30-7:30 p.m. This section of the program will highlight "ALZHEIMER'S DISEASE—WHAT'S REALLY HAPPENING" and "HAPPY HOLIDAY STRATEGIES." There is no charge for caregivers, but pre-registration is required and may be done October 1 through the 29th. For additional information and to register, please call Elberta Dyer at 615-848-2550 extension 131.

Fall is in the air and we are excited about the thought of using our lovely outside picnic area on some of these wonderful Fall days. We will be having a Halloween party in ADS at the end of October. Wonder what our costumes will be? Thanks to all our wonderful volunteers we had a wonderful cookout and enjoyed these last few days of summer. We plan to be very busy: doing fun fall crafts, enjoying some great music from our volunteers, participating in memory activities and always doing our exercises! As spoken by Terri Gulemets, "The world is hugged by the faithful arms of volunteers," we offer a special thank you to Lucia Vazquez. She is always so helpful and really stepped up at our wonderful cookout. Congratulations go out to Lisa Gowins the New Adult Day Program Director and Latoya Streeter as the new Publicity & Activity Assistant. Latoya is expecting a baby boy to arrive in November and we are all so excited. Special birthday wishes go out to Charlene Dickens.

~ ADS Staff

Funded in part through the Community Development Block Grant.

ADS Corner



LOUVENIA AUSTIN & MARGARET BASKETT

Group Donations

Bingo	\$ 94.74	July
Quilting	\$160.00	July
Pool Room	\$ 98.99	July
Popcorn	\$ 32.85	July
Coffee	\$ 14.33	July
Exercise	\$ 4.30	July

Donations: Dollie Abbass, Bellvue Baptist Church, Yvonne Berry, Virginia Brown, Pyong Cahill, Martin Dill, Marjorie Faulk, Kim Florida, Jo Freeman, Lorraine Hall, Annie Holland, Margaret Jordan, Sara Pegram, Publix, Oneeda Reeves, Carrell Rhodes, Barbara Schwartz, James Seward, Seasoned Citizens, Adelina Smith, Sunnington Assisted Living.

BETTY RAPPEYE *in Memory of*
SHEILA HEWGLEY.

ONEEDA REEVES & FLORA SCANTLAND
in Memory of PAUL REEVES.



PARKINSON SUPPORT GROUP meets on the third Saturday of each month at 1:30 p.m. and offers educational programs and guest speakers for those afflicted with Parkinson's disease. We welcome Parkinson patients and their family members to join us for education, support and friendship. Please contact Dee Brown at 848-2550 for more information.

DIABETIC SUPPORT GROUP MEETING will meet on Friday, October 8 at 9:30 a.m. with guest, Dr. Paul Turpin, an endocrinologist. The topic will be treatment of diabetes and patient compliance. Snacks served. Make sure to join us.

LABOR OF LOVE CAREGIVER SUPPORT GROUP meets on the last Friday of each month at 12:00 noon and offers compassion and advice for caregivers of seniors with dementia, the disabled and chronically ill. Contact Elberta Dyer for more information. Reservations are not required. If you or anyone you know could use the support of others in a caregiving role, please be sure to tell them about this group.

St. Clair Street Senior Center Staff

Center Director: Linda G. Burt, **Department Coordinator:** Diane Smith, **Custodial Support:** John Carson & Tommy Thompson, **Administrative Secretary:** Kim Harding Todd, **Secretary/Receptionist:** Sarah Beckman, **Care Director:** Dee Brown, **Program Directors:** Brenda Kiskis Elliott & Lisa S. Foster, **Adult Day Services Director:** Lisa Gowins, **Adult Day Services Activity Assistants:** Randy Huffman, LaToya Streeter, **Caregiver Resource Center Information Coordinator:** Elberta Dyer, **Nurse on Duty:** Carol Burnett, **After Hours Opener:** Wanda Calhoun, **Van/Bus Drivers:** Pepper Saucier, Dana Hobbs, James Pitchford.

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No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)

St. Clair Street Senior Center
325 St. Clair Street
Murfreesboro, TN 37130
Hours
Monday - Friday
8:00 AM - 4:30 PM
Saturday
12:30 PM - 3:30 PM
848-2550
Visit us on the web at
www.murfreesborotn.gov then click
on Most Popular Links
Senior Dining/Meals on Wheels
Debbie Willis, Site Coordinator
Call 895-1870 for lunch reservations
Lunch served daily @ 11:30
(unless otherwise noted)
MCHRA Transportation
615-890-2677

